

## A faith-to-faith meeting

Local church hosts forum opposing racism

By Olivia Sullivan  
Staff Reporter

When people put distance between their neighbors and themselves, they become more likely to project fear onto them, said a local pastor at an interfaith conference on Thursday night.

Last week, Grace Lutheran Church in Des Moines held a presentation titled “Love in a Time of Fear: Christians and Muslims as Neighbors.” The presentation aimed to diminish fear about people of the Muslim community, as well as offer clarification on aspects of Islam.

Speakers included Pastor Terry Kylo of The Catacomb Churches in Marysville, Pastor John O’Neal of Grace Lutheran Church and several well-known figures in the local Muslim community – Sheikh Ismail Ahmed, Imam Benjamin Shabazz, and Ali Taj. Although he was scheduled to speak, Jafar Siddiqui was unable to attend



Olivia Sullivan/THUNDERWORD

Sheikh Ismail Ahmad answers questions from the audience at the interfaith event hosted by Des Moines’ Grace Lutheran Church. The event brought together leaders from Christian and Muslim communities.

due to emergency surgery.

The presentation drew a crowd of more than 80 people, with ages ranging from young children and teens to adults and seniors.

“There is a lot of fear in the world right now,” said O’Neal. He then asked the crowd to shout out how they were feeling

at the beginning of the discussion. Curious, hopeful, anxious, and open were among some of the answers.

Following recent terrorist attacks in 2015, such as Paris in November and San Bernardino in December, Kylo said each attack leads to societal bullying toward members of the Muslim

community.

The church encouraged all people to seek out neighborly relationships with Muslims, and to stand against religious extremists and the dehumanization of others.

See Interfaith, page 15

## Des Moines economy shows promise

By Adam Horner  
Staff Reporter

Des Moines’ economic situation is looking up, thanks to a number of projects coming online, or threatening to.

City officials say they are optimistic about the city’s economic prospects in the coming years.

“We’re encouraged,” said Michael Matthias, Des Moines’ assistant city manager and economic development manager. “We’re where a number of things are going to come online.”

The Four Points by Sheraton Hotel along Pacific Highway South opened early last month, and has the potential to provide increased property taxes as well as sales and hotel/motel taxes.

Along 24th Avenue South, the Des Moines Creek Business Park sits on 87 acres of land owned by the Port of Seattle. Matthias explained that the Port has leased the land to Panattoni, a development company out of Southern California.

The development project is proceeding in three phases, and will be home for a new regional headquarters for the Federal Aviation Administration: Greencore foods, a sandwich production company; and K2 Sports, a winter sports equipment manufacturer; as well as the potential for other tenants.

The new FAA facility is expected to bring 1600 family-wage jobs to the area.

See Economy, page 16

## Students encouraged to submit FAFSA early

By Stephen Baklund  
Staff Reporter

The deadline to turn in your FAFSA for Fall Quarter is May 26, but staff encourage you to get it turned in as soon as possible.

The Free Application for Federal Student Aid determines your eligibility for grants, scholarships, loans, work study and state aid.

The FAFSA is income-based, so eligibility and benefits are different for everyone, but it is also first-come, first-serve so

the sooner it is finished the better.

“It’s important to turn in your FAFSA early because we process them in the order we receive applications, and some of the money like the FSEOG (Federal Supplemental Educational Opportunity Grant) is limited,” said Sherri Ballantyne, director of Financial Aid and Financial Aid Services at Highline.

Ballantyne said that Highline receives only about \$177,000 per year in FSEOG money, yet the average student at Highline who applies for the FAFSA gets an

estimated \$2,800 per quarter.

According to studentaid.ed.gov, “each participating school receives a certain amount of FSEOG funds each year from the U.S. Department of Education’s office of Federal Student Aid. Once the full amount of the school’s FSEOG funds has been awarded to students, no more FSEOG awards can be made for that year.”

One of the most important things to do, which many students forget, is to check the sta-

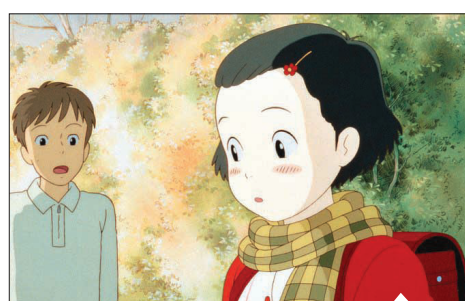
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Sherri Ballantyne

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Issaquah foreign film festival premieres this weekend



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Men’s basketball hosts regional playoff game this weekend



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Redondo boardwalk may be reopened for summer





## Good Samaritan foils South Lot hit-and-run

By Jim Sullivan  
Staff Reporter

An attempted hit and run was foiled due to a good Samaritan who witnessed the accident.

The vehicle was parked in the South Parking Lot at 11:36 a.m. on Feb. 25.

When the owner returned, he found damage along with a note from a bystander who happened to see the accident. The note included the license plate number of the other car.

Des Moines Police was notified of the incident and officers were able to locate the owner of the other vehicle.

The owner was directed to return to campus where the two involved individuals traded information.

It is unknown if there were any consequences for the driver leaving the scene of the accident as Public Safety officers have not heard back on the incident.

## Thunderwalk driver corralled

Public Safety officers spotted a vehicle traveling at a high rate of speed heading south down the Thunderwalk at 11:35 a.m. on Feb. 25.

Officers caught up to the woman who said she thought it was a street. She was informed that it was not a street and that personal vehicles are not allowed on campus sidewalks.

Officers also told her to proceed to the horseshoe bus loop off of South 240th Street.

People get confused on campus when they see the big sidewalk between Building 16 and Building 17 and mistake it for a street because it is so wide that it is used for a fire lane, said Sgt. George Curtis of Public Safety.

"This happens more often than we'd like" but Public Safety officers can't prevent this from happening. All they can do is "stop and educate people as well as we can," said Sgt. Curtis.

## Chest pain sends pupil to hospital

A female student reported having chest pains in Building 26 at 8:10 a.m. on Feb. 26.

The student said the chest pain was caused from a previous illness.

South King County Fire and Rescue were contacted for further assistance.

She was transferred to Highline Hospital for further treatment.

# Measure your fat at Health Fair

By Megan Smith  
Staff Reporter

Learn how much fat you have and whether your bones can support that on Wednesday, March 9 at the annual Health Information Fair from 9 a.m. to 1 p.m. in Building 8.

Students can learn about a wide range of health-related topics, including fitness, eating disorders, nutrition, and infectious diseases, organizers say.

Students, faculty and a few guest speakers will speak.

"There are students from seven or eight different departments that are doing booths on health related topics," Highline nutrition and physical education professor Tracy Brigham said. "There will be about 40 booths set up that way."

Staff will be administering health assessments such as blood pressure tests, fitness levels, and functioning movement screening.

"The most popular things are the fitness assessments and



Nick Smith Photography

A DEXA scanner is used to accurately measure body fat and bone density.

the more hands-on things," Brigham said.

Hydrostatic Body Composition Testing and DEXA Bone Density Screening will both also be available.

Hydrostatic Body Composition Testing and DEXA Bone Density Screening are \$49 per test or \$88 for both.

Hydrostatic Body Compo-

sition Testing is the most accurate method available to find out what your fat and fat-free body mass is, how much fat you needed to lose to meet a goal, how many calories you burn daily, or even how many calories you burn from different exercises.

"It's considered the gold standard," Brigham said.

The DEXA Bone Density

Screening is non-invasive accurate test that measures the density of your bones. Many times low bone density can go undetected. Bone density peaks at about age 25-30.

"The bone mass density test can tell you if your bones are getting weak or if your body is predisposed for fractures," Brigham said.

# Civic engagement is topic at First Fridays

By Alejandro Villalon  
Staff Reporter

Students interested in changing their communities can learn how and where to start at a leadership event this Friday.

Representatives of Everett and South Puget Sound community colleges will share their efforts to promote community engagement at this month's First Fridays Leadership conference.

The March 4 event will be in the Mt. Constance Room of the Student Union from 2-4 p.m.

For those interested in social change, this conference not only brings students together to

talk about these things, but it also offers a casual atmosphere with music and snacks where students and staff can share ideas and concerns.

Everett Community College's Sufayatu Issaka and South Puget South Community College's Lili Wolfe and Deanna Ainuu have been working together to both explain what community issues students should be aware of, as well give them a chance to relate their own ideas and experiences.

First Fridays events are held the first Friday of each month for students interested in serving their school.

"[It's] for students who really want to grow and learn," said Dr. Jonathan Brown, associate dean for Student Programs.

First Fridays began modestly 13 years ago and has slowly built into a larger event.

At first it was only the five members of the student council, Dr. Brown said.

But then people started asking if they could bring their friends, including the student council staff. Recent First Fridays now host around 100 people.

"We used to only have our own students on the council and staff attend these meetings but then we thought, why not open

it up to the student body to connect everyone?" Dr. Brown said.

From October to May, students who show up to these events consistently or attend a minimum of five conferences can not only earn extra credit, but are also invited to "The Final Say," the end-of-the-year party at the June First Friday meeting.

"This gives people a chance to build relationships, connect and not just be an ID number," said Assistant Director for Leadership Iesha Valencia.

These events are also great for discovering what activities that are going on around campus, she said.



News  
Briefs

## Get Help with Transferring

Learn about programs and how best to transfer to Washington universities at the Transfer Center.

•Information on the University of Washington-Tacoma Global Honors Program will be available in Building 6, room 164 at 12:15 p.m. on March 7.

UW Tacoma Program Administrator Paul Carrington will discuss applying to the Global Honors program when applying to UW Tacoma, and how such an application will provide additional opportunities for transfer students.

•An information session on the Central Washington University-Des Moines' Information Technology & Administrative Management Program will be held in Building 6, room 164 at noon on March 8.

•The Central-Des Moines Information Technology & Administrative Management program includes specializations in cybersecurity, information technology and administrative management.

Cathy Anderson, a Central-Des Moines Information Technology & Administrative Management professor, will discuss transferring to the program with a Highline AAS degree.

•Find your ideal transfer college at a workshop in the transfer center in Building 6, Room 164 at noon on March 9.

This workshop will show you important factors to consider in

selecting a transfer school, and how to efficiently transfer.

## Honor Highline's vets on Monday

Highline's veterans will be honored with a reception in

the Mt. Constance room of Building 8 in at 2 – 3:30 p.m. on March 7.

Refreshments will be served at this reception, and several guest speakers will speak.

The CMST 230 Small Group Communication class organized the event.

## HOW TO SELECT A FOUR-YEAR COLLEGE Workshop!

It's not about finding the best college...

It's about finding the right college that is best for **YOU!**

Learn more about some factors to consider when selecting a transfer school and find out how to tackle the transfer process efficiently!

Wednesday, March 9th

12:10 PM - 1:00 PM

Highline Transfer Center, Building 6, 1st floor, Room 164  
No need to pre-register for this session



# Finding a sense of inclusion

## New director has big plans for student leadership

**By Olivia Sullivan**  
Staff Reporter

Iesha Valencia wants to bring the same sense of belonging that she felt during her college years to Highline's campus.

Valencia is the new director for student leadership and just began her fourth year working at Highline. Previously, Valencia was the assistant director, but was recently promoted.

The Washington native was born in Sunnyside, but grew up in Northern California.

As a Mexican American, Valencia lived in a bi-cultural community and speaks both English and Spanish.

Valencia was the first person in her family to go to college. She attended California State University, also known as Chico State. She earned her bachelor's degree in child development with a minor in psychology.

"This is where I learned to follow my passions," Valencia said. "I wasn't so focused on getting a specific degree, but I knew I loved learning. I was intrigued by the learning process which led me to my degree."

In college, Valencia worked closely with educational opportunity programs, such as Upward Bound and Trio. Through para-professional work, Valencia discovered her passion for working with college students.

Valencia was introduced to the NASPA Undergraduate Fellows program during her undergraduate years at Chico State. She said this program pairs you with a mentor from the college, who guides you through different aspects of what it means to have a career in student affairs and work with college students.



Jessica Strand/THUNDERWORD

*Iesha Valencia is the newly appointed director for student leadership.*

"I took advantage of every opportunity they had," Valencia said.

She was also heavily involved with her college community and took on many leadership roles, which included being president of her sorority, Lambda Theta Nu.

"It was a significant chapter in my college experience," Valencia said.

According to the Lambda Theta Nu Sorority, Inc.'s website, the organization aims to open doors of opportunity for Latina women in higher education with emphasis on academics, community service, and sisterhood.

Although the media portrays sororities in a negative light, Valencia can vouch for the opposite.

"It was the first time I saw a sorority reflect my values," said Valencia. "They valued education, excellence, community service... These were all things that are important to me."

Valencia was in college for five years and said she took her time deciding what she wanted to do in life. After graduation from Chico State, Valencia was offered an internship at the University of Vermont. At the end of the internship, a job position at the university in the student activities office.

The internship also gave her the chance for a graduate assistance ship,

where she could work and study. In return, her years at the University of Vermont for graduate school were completely paid for.

"I knew I wanted to live in a city that was near family," Valencia said. "So I put all my energy into finding a job at a college or university in Northern California or the Seattle area."

After Valencia earned her master of education degree with a focus in higher education and student affairs administration, she worked at Seattle University, and then began her career at Highline in 2013.

When a colleague suggested Valencia apply for the assistant director position at the Center for Leadership and Service here at Highline, she eagerly took the chance.

"I read the job description and immediately knew the position was a perfect fit with my passions and what I was looking for in the next step of my career," Valencia said. "I was especially excited about the possibility of working with community college students considering I always knew I wanted to work at community college since starting my career."

At Highline, Valencia said the Center for Leadership and Service revolves around students.

"We're really focused on creating a sense of belonging," she said. "The ultimate goal is we want people to feel like there is a place on campus where they belong."

By "place," Valencia said she means this as a community, a group of people to feel a sense of acceptance with; it extends beyond the physical spaces on campus.

The Center for Leadership and Service values relationship building and having students get involved on campus. She said the people of the Center want to take the time to get to know students and have a positive impact on a student's Highline experience.

"We want to support you as a student in two major ways," she said. "First, we want to connect you to a community and second, we want to aid in developing you as a leader."

The leadership center provides the opportunities for students to engage and become more of a leader themselves.

"We want you to define for yourself 'What does it mean to be a leader and how am I a leader?'" she said.

Through clubs, workshops, presentations, peer-to-peer meetings, and word of mouth, the Center for Leadership and Service is very present on campus, Valencia said.

"I firmly believe everybody has leadership qualities about themselves and when put in the right environment, they're able to really see those things."

The leadership office hires about 18-20 student leaders who work in various branches of the center. This could be a number of positions from club development to the marketing and outreach team.

The Center for Leadership and Service has a busy event schedule for each quarter. In spring, the center will hold a Leadership Luncheon to promote job opportunities for students within the program.

"There is never a week where we don't have anything going on," said Valencia.

Valencia said if you can't find what you're looking for on campus, the Leadership team encourages students to come help develop it and make your ideas come to life.

Valencia's challenges with her director position are few and far between, besides not having enough hours in the day.

Although the Center for Leadership and Service is bound to offer something that someone is interested in, Valencia said she also can't help but wonder if they're doing enough to accommodate Highline's campus of more than 10,000 people.

"I feel like I've found my purpose and what I'm supposed to be doing in my life," said Valencia. "It's more rewarding than it is challenging."

The Leadership and Service program has a well-known, positive reputation and is commonly looked to for best practices, Valencia said.

As for the new position, Valencia hopes to improve the campus by getting more students connect to leadership roles in formal ways.

"Identity will always intersect with leadership," Valencia said. "At that intersection is where you find your authentic voice and the way that you choose to lead. That energizes me on a daily basis."



# Negative labels hurt people

Everybody is stereotyped. Everybody has some preconceived bias that the community has placed on them because of their race, gender, religion, or some other minute detail about them. It doesn't matter if you are black or white, short or tall, male or female. We all have them. Assumptions made about people due to these stereotypes are baseless and inaccurate. For example, an assumption made by many people is that if you are a Muslim, you are associated with ISIS. The truth is, ISIS is an organization comprised of horrible people who make up a minute percentage of the Muslim population. The Islam religion is one of the largest religions in the world, with over a billion followers, most of these people are kind, average people. To hold a bias over a billion people due to a select few's mistakes is ridiculous.

Another assumption that some people make are that police officers are violent toward the public. Although some officers may do bad things with the power they have, most officers are good, genuine people who are just trying to do their job. The list could go on forever: disabled people are useless, pretty women are dumb, people who smoke marijuana are lazy and unmotivated. However, these claims are not a one-size-fits-all kind of thing. Everybody is different and it is unfair to these people that assumptions are made without being given an opportunity to show who they really are. These labels can affect someone's chance of employment, how they are treated by people, but most importantly, they can affect someone's safety. It seems like every day, we hear about a new person killed in a hate related crime. It's important that these social stigmas cease, so that people don't have to be afraid to walk down the street due to their skin color. Instead of judging and fearing people different from us, we shouldn't be afraid to ask questions and get to know others. If we reach out for that first handshake, we can slowly break down the walls we've built up between ourselves.

## Have something to say?

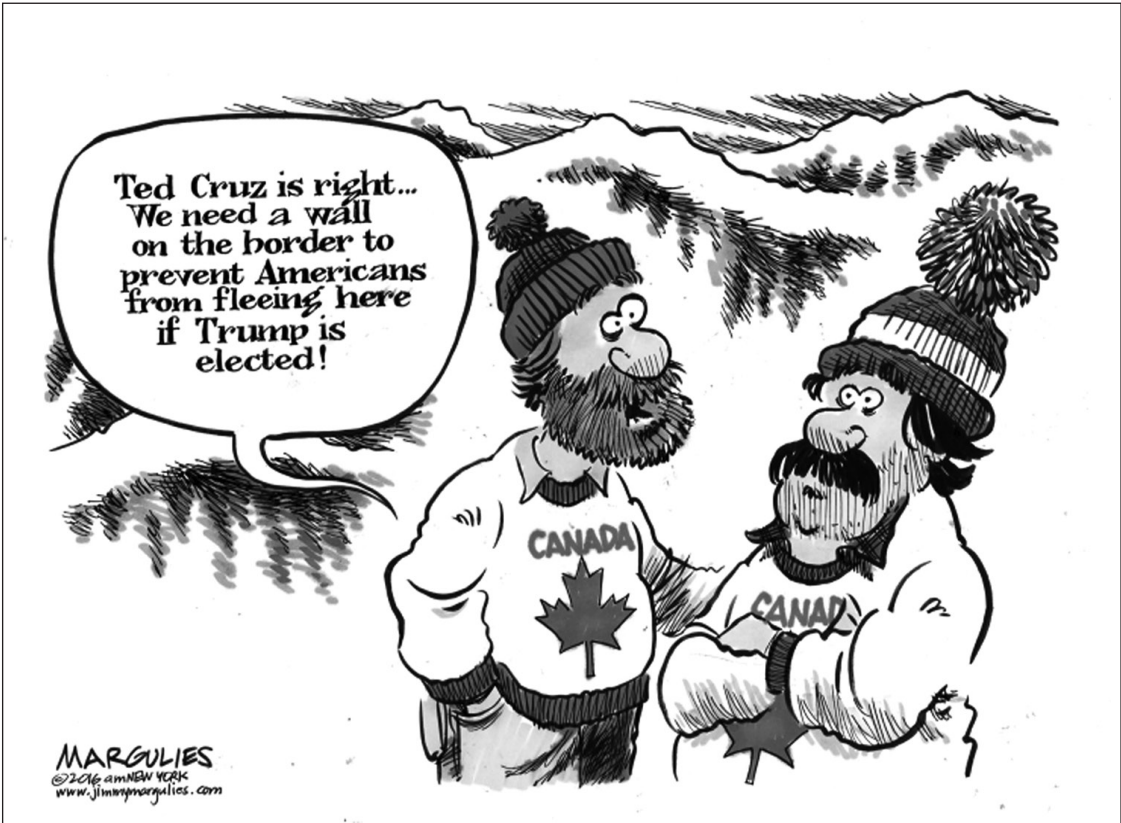
Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!



# Grow up, and legalize the boob

In recent decades, breastfeeding has begun its transition from being taboo to being a common practice. Like many things in our society, legislation changes perceptions. For example, before the legalization of marijuana, some people thought marijuana was something only deadbeat stoners took part in. But now, those same people appreciate the medical benefits that legalized marijuana brings people. So, what kind of boob would vote against legalizing public breastfeeding?

Thankfully, it appears we have mature adults in the state Senate, as a bill to do just that passed with unanimous support. Senate Bill 6149 requires employers to offer pregnant workers accommodations, such as extra bathroom breaks, food and water breaks, limits on lifting heavy objects and time off for doctor appointments. The bill also makes breastfeeding legal to do in any public place. Mothers shouldn't be forced to hide in their car or a stall in the bathroom to feed their child. Even though many people are breastfed as infants, they don't support it as adults. According to a poll conduct-

## Guest Commentary



**Sam McCullough**

ed by debate.org, 34 percent of people said that breastfeeding in public is inappropriate, and may be asking for harassment and even assault from nearby people. Why is one person's anatomy considered "inappropriate," while another person's is considered normal? If you go to any beach during the summer, you'll see hordes of topless men. Everyone's chest is made of the same components: Fat, nipple, areola and areolar glands. People who are against breastfeeding aren't only quiet conservatives, they're politicians. Republican presidential nominee Donald Trump had a temper tantrum when an at-

torney dared to ask to go pump breast milk. Elizabeth Beck said in an interview with CNN that Trump called her "disgusting" and stormed out of the room. The Trump Organization didn't dispute the claim, but instead tried to excuse Trump's actions by calling Beck "unprofessional." Although breastfeeding faces some societal opposition, the medical world embraces breastfeeding. According to the Natural Resources Defense Council, breast-fed babies are more resistant to disease and infection, have a stronger immune system and are less likely to contract allergies. Mothers who breastfeed also experience health benefits, such as weight loss and reducing their chances of breast cancer by 24 percent. Also, breastfeeding is cheaper than formula. Families who choose to breastfeed save an average of \$800 per year. SB 6149 is currently in the state House. If it passes, it will go to Gov. Jay Inslee to either sign it into law or veto it. Breastfeeding is a natural thing that only deserves a second glance to appreciate the bond between a mother and her child.

*Sam McCullough is the arts editor for the Thunderword.*

# the Staff “ Life is too short to be reading directions. ” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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# Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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1. **GEOGRAPHY:** What river flows through the Grand Canyon?
2. **MUSIC:** Who sang the pop hit *School's Out*?
3. **LANGUAGE:** What is the subject studied in zythology?
4. **MOVIES:** In *Ace Ventura: Pet Detective*, what kind of creature was Jim Carrey looking for?
5. **ANIMAL KINGDOM:** What is a group of ants called?
6. **MATH:** What is the name of an angle that is more than 90 degrees but less than 180 degrees?
7. **HISTORY:** Which country gave the Statue of Liberty to the United States?
8. **INVENTIONS:** Who invented the mercury thermometer?

9. **CHEMISTRY:** What element does the Br symbol stand for?
10. **ANCIENT WORLD:** Which key figure in the Trojan War was described in literature as having "the face that launched a thousand ships"?

**Answers**

- Colorado
- Alice Cooper
- Beer and beer making
- A dolphin
- Colony
- Obtuse
- France
- Gabriel Fahrenheit
- Bromine
- Helen of Troy

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**Puzzle answers on Page 14**

## GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

**DIFFICULTY: ★**

★ Moderate    ★★ Difficult  
★★★ GO FIGURE!

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# King Crossword

**ACROSS**

- 1 Relative of reggae  
4 Crazy  
8 Reed instrument  
12 Snapshot  
13 Jacob's twin  
14 Thwart  
15 Brewery product  
16 Cascade  
18 Wander off  
20 Witness  
21 Corn eaters' castoffs  
24 Unforeseen problems  
28 Napoleon's downfall  
32 Plummet  
33 Historic period  
34 "Smallville" family  
36 — Khan  
37 Roseanne of comedy  
39 1998 Sandler movie, with "The"  
41 Censorial sound  
43 Classic theater name  
44 Shell game item  
46 Furlough  
50 Nixon-era scandal  
55 Fleur-de- —

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57 Ocho —, Jamaica  
58 Treasure seeker's aid  
59 Fender bender result  
60 Heidi's range  
61 Crafty  
7 Seeks weight  
8 Insult  
9 Feathery neckpiece  
10 Lubricate  
11 Right angle  
17 In medias —  
19 Expert  
22 Huffed and puffed  
23 Echolocation method  
25 Bedouin  
26 Energetic  
27 Fix, in a sense  
28 "Dragnet" star  
29 Uzbekistan sea  
30 Container  
31 Director Preminger  
35 Neuter  
38 Say again  
40 "Catcher in the —"  
42 Apiece  
45 Taj Mahal city  
47 Charitable donations  
48 Test tube  
49 Catch sight of  
50 Bankroll  
51 Exist  
52 Can material  
53 Have a bug  
54 Upper surface

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**ARIES** (March 21 to April 19) Whatever decisions you're faced with this week, rely on your strong Aries instincts, and base them on your honest feelings, not necessarily on what others might expect you to do.

**TAURUS** (April 30 to May 20) Your sensitive Taurean spirit is pained by what you feel is an unwarranted attack by a miffed colleague. But your sensible self should see it as proof that you must be doing something right.

**GEMINI** (May 21 to June 20) More fine-tuning might be in order before you can be absolutely certain that you're on the right track. Someone close to you might offer to help. The weekend favors family get-togethers.

**CANCER** (June 21 to July 22) The week continues to be a balancing act 'twixt dreaming and doing. But by week's end, you should have a much better idea of what you actually plan to do and how you plan to do it.

**LEO** (July 23 to August 22) Changing your plans can be risky, but it can also be a necessary move. Recheck your



facts before you act. Tense encounters should ease by midweek, and all should be well by the weekend.

**VIRGO** (August 23 to September 22) You might still be trying to adjust to recent changes. But things should improve considerably as you get to see some positive results. An uneasy personal matter calls for more patience.

**LIBRA** (September 23 to October 22) Congratulations. Your good intentions are finally recognized, and long-overdue appreciation should follow. Keep working toward improvements wherever you think they're necessary.

**SCORPIO** (October 23 to November 2) Try to look at your options without prejudging any of them. Learn the facts, and then make your assessments. Spend the weekend enjoying films, plays and musical events.

**SAGITTARIUS** (November 22 to December 21)

Someone might want to take advantage of the Sagittarian's sense of fair play. But before you ride off to right what you've been told is a wrong, be sure of your facts.

**CAPRICORN** (December 22 to January 19) You might be surprised to learn that not everyone agrees with your ideas. But this can prove to be a good thing. Go over them and see where improvements can be made.

**AQUARIUS** (January 20 to February 18) After taking advice on a number of matters in recent months, expect to be called on to return the gesture. And, by the way, you might be surprised at who makes the request.

**PISCES** (February 19 to March 20) Reassure everyone concerned that a change of mind isn't necessarily a change of heart. You might still want to pursue a specific goal, but feel a need to change the way you'll get there.

**BORN THIS WEEK:** You are able to make room in your heart for others, and that makes you a very special person in their lives.



Infuse your food with Asian flavors

If you're tired of cooking the same thing over and over, try infusing your recipes with new flavors. Asian cooking techniques and flavors encompass thousands of sauces and condiments. Here's a quick overview of several different types of popular Asian sauces, pastes, oils, wines and vinegars that will open up a new world of possibilities for spicing up your evening meals.

ASIAN SAUCES

Soy sauce: Made from traditionally fermented soybeans and wheat, soy sauces have a dark color and a slightly sweet, mildly salty flavor that isn't overpowering.

Dark soy sauce: Soy sauce mixed with molasses and cornstarch to sweeten and thicken to a syrupy consistency.

Tamari: A gluten-free soy sauce made without the traditional addition of wheat. It has a saltier, stronger, savory flavor that is perfect for seasoning meat, vegetables, cooking liquids, sauces and marinades, or as a condiment for rice or noodles.

Hoisin sauce: This dark, rich, paste-like sauce has a spicy-sweet flavor and reddish brown color, and is best used for meats. It's often referred to as Chinese barbecue sauce. Hoisin sauce typically is made



Depositphotos.com

You can add Asian flavors to meals with certain sauces and cooking techniques.

from fermented soybeans, vinegar, garlic, sugar, red chilies and Chinese spices, plus various other spices and starches for thickeners.

Oyster-flavored sauce: Made from oyster extract (super-concentrated oyster broth), salt, sugar, thickening starch, caramel coloring, seasonings and cornstarch to create a thick, salty-sweet sauce with smoky notes for stir-fries or as a sauce for vegetables.

Plum sauce: Plum sauce is made from a combination of salted plums, apricots, yams, rice vinegar, chiles, sugar and other spices. It varies in flavor from sweet to tart to salty, and its texture ranges from smooth to a chunky, jam-like texture.

Char siu sauce: A combination of fermented soybeans, vinegar, tomato paste, chiles, garlic, sugar and Chinese spices; used on Chinese barbecued

spareribs and roast pork.

Black bean sauce: Made of salted black beans and rice wine; has a savory, slightly salty flavor that sometimes gets a little kick from garlic and hot chiles.

Fish sauce: This sauce is made from fermented anchovies and other fish or shellfish. It adds a distinct, deep rich flavor to savory dishes and often is used in small quantities (about 1/4 to 1/2 teaspoon at a time) in place of salt in Asian curries, sauces and marinades.

OILS AND PASTES

Chile oil: This reddish-orange oil comes from infusing whole, dried red chiles or crushed red pepper flakes in oil.

Sesame oil: A dark amber, aromatic oil pressed from toasted sesame seeds used on a finished dish.

Sesame paste: A thick, pea-

nut-buttery paste, made from toasted white sesame seeds.

Sambal: Very spicy chili paste made from ground red chilies, vinegar, lime juice, garlic or other flavoring agents. Usually combined with other ingredients, in small quantities, to make a sauce.

VINEGARS AND WINE

Rice vinegars: Less acidic, slightly sweet with a mild, less tart flavor. Variations include black, red, seasoned, Chinese and Japanese.

Mirin: Sweet, low-alcohol rice wine widely used in Japanese cuisine. Can be used as a substitute for vinegar or wine, or used as a glaze or marinade.

This recipe for Asian curry chicken and shrimp soup includes several types of sauces and spices to create a burst of

flavor in a bowl.

ASIAN CURRY CHICKEN AND SHRIMP SOUP

- 4 cups fat-free, less-sodium chicken broth
- 1 tablespoon fish sauce
- 1 tablespoon oyster sauce
- 2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh ginger
- 3/4 teaspoon green, yellow or red curry paste
- 1 (8-ounce) package mushrooms, cleaned and sliced
- 1/2 pound peeled and deveined large shrimp
- 1/2 pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1 (3-ounce) package trimmed snow peas
- 1/4 cup fresh lime juice or 2 tablespoons rice wine vinegar
- 1 1/2 teaspoons sugar
- 1 (13.5-ounce) can light coconut milk
- 2 tablespoons (1/2-inch) sliced green onion tops
- 2 tablespoons chopped fresh cilantro

1. Combine the broth, fish and oyster sauces, garlic, ginger and curry in a large Dutch oven, stirring to combine. Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes.
2. Add the shrimp, chicken and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes. Stir in lime juice or vinegar, sugar and coconut milk. Cook 2 minutes or until thoroughly heated. Sprinkle with the green onions and cilantro. Serves 4.

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Separating your eggs is no yolk

Many recipes call for egg whites or egg yolks, which means the eggs must be separated. Eggs separate most easily when cold. You can use an egg separator, but the half-shell method works just as well.

To separate an egg, on the side of a bowl, sharply tap the eggshell along its middle to make a crosswise crack. With your thumbs, gently pull open the shell along the crack, letting some of the white run into the bowl. Slowly transfer the yolk back and forth from one half-shell to the other, being careful not to break the yolk on any sharp shell edges, until all the white has run into the bowl.

Cover leftover unbroken egg yolks with cold water and refrigerate for up to two days; drain before using.

Good Housekeeping

Banana Cream Pie

- 1 (9-inch) homemade, frozen or refrigerated pie shell

- Custard:
- 2/3 cup sugar
  - 1/4 cup cornstarch
  - Pinch salt
  - 3 cups whole milk
  - 4 large egg yolks, lightly beaten
  - 2 tablespoons butter
  - 1 tablespoon vanilla extract
  - 3 ripe medium bananas

- Homemade Whipped Cream:
- 1/2 cups heavy or whipping cream
  - 1 tablespoon sugar
  - 1 teaspoon vanilla extract

1. Bake pie shell as directed.
2. Meanwhile, prepare Custard: In 3-quart saucepan, combine sugar, cornstarch and salt. With wire whisk, beat in milk and egg yolks. Cook over medium heat until mixture thickens and boils, stirring constantly; boil 1 minute. Remove from heat; stir in butter and vanilla. Cool 10 minutes.
3. Slice bananas. Arrange half of bananas in bottom of pie shell; spread with half of custard. Repeat with remaining bananas and custard. Press plastic wrap onto surface of custard. Refrigerate pie until custard is set or overnight.
4. To serve, prepare Homemade Whipped Cream: In medium bowl, with mixer at medium speed, beat cream, sugar and vanilla to stiff peaks. Remove plastic cover and spread cream over filling.

Enjoy homemade chicken noodle soup

Nothing beats Grandma's chicken and noodles on a cold winter day. Try this recipe to bring back a warm memory!

- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1 (10 3/4) can Healthy Request Cream of Chicken Soup
- 1/4 cup Kraft fat-free mayonnaise
- 2 tablespoons fat-free milk
- 1 cup cubed Velveeta Light processed cheese
- 1 1/2 cups (8 ounces) diced cooked chicken breast
- 1 (2-ounce) jar chopped pimiento, drained
- 2 cups hot cooked noodles

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery and onion for 6-8 minutes. Stir in chicken soup, mayonnaise, milk and cheese. Add chicken, pimiento and noodles. Mix gently to combine.
  2. Lower heat and simmer for 6-8 minutes or until cheese is melted and mixture is heated through, stirring often. Serves 4.
- \* Each serving equals: 328 calories, 8g fat, 29g protein, 35g carb., 842mg sodium, 201mg calcium, 2g fiber; Diabetic Exchanges: 3 Meat, 2 Starch/Carb., 1/2 Vegetable; Carb Choices: 2.
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• The final week of the Seattle Fringe Festival begins today.

The annual arts festival goes over two weekends, Feb. 25 to 28 and March 3 to 5.

The festival features live music and performances.

Tickets for single events are \$10. A five-show pass is also available for \$40.

Plays being performed include *An Oak Tree*, *Uncle Seagull*, *The Worry Machine* and *Mad Scientist Cabaret*.

Multiple theaters are being used to house the performances. Depending on what show you intend to see, you may end up at the TPS Center Theatre, Annex Theatre, Eclectic Theater, TPS Blackbox or TPS Studio.

For a full list of events and venues, visit [seattlefringefestival.org](http://seattlefringefestival.org).

• Propaganda has been used for centuries to get people to think a certain way, or to agree with the government. Now you can see propaganda posters from 1918 to 1929 on display at the Frye Art Museum.

“Agitation and Propaganda” presents reproductions of posters used in the Soviet Union. Beginning in 1918, the Bolsheviks commissioned artists to create posters to get their ideology across.

The posters presented include works by El Lissitzky, Dmitry Moor and Alexander Rodchenko.

The exhibit is open until April 3. Admission to the museum is free.

The Frye Art Museum is at 704 Terry Ave, Seattle.

• To celebrate their 40th season, Taproot Theatre is offering patrons 25 years and younger \$15 tickets to *Cotton Patch Gospel*.

The bluegrass musical tells the life of Jesus Christ as if he was born in rural Georgia.

The play stars Theresa Holmes, Benjamin Hunter and Edd Key.

The play is set to be directed by Karen Lund, who has won many awards for theater and film.

*Cotton Patch Gospel* opens on March 23, and runs until April 20.

For showtimes and tickets, visit [www.taproottheatre.org/buy-tickets/](http://www.taproottheatre.org/buy-tickets/).

Taproot Theater is at 204 North 85th Street, Seattle.

# Purses tell stories of the past

By Olivia Sullivan  
Staff Reporter

Purses, glitz, and kangaroos can all be found at the White River Valley Museum in Auburn.

The museum’s newest exhibit, “Small Bags for Big Events: 100 Years of Pretty Purses,” showcases purses from different time periods throughout history.

“We created this exhibit as a totally painless and enjoyable way to teach women’s history,” Museum Director Patricia Cosgrove said. “Fashion changes as a reflection of women’s lives and activities.”

A woman’s purse holds much more than a wallet, keys, and some makeup; a woman’s unique life is reflected by the contents in her purse, Cosgrove said.

Small Bags/Big Events aims to entertain and educate the public, but also hopes to raise awareness of the Auburn museum, said Kate Slaminko, the guest curator of the exhibit.

Slaminko’s collection and many other purses are on display to tell a story about how the societal roles of a woman have changed over history.

Cosgrove said, “If you did not drive, and since make up was only for ‘ladies of the night’ and women never purchased anything independently, then you didn’t need to have keys, lipstick or money.”

“That describes a woman in 1890s,” said Cosgrove “In 2016 you may need to have your cell



Olivia Sullivan/THUNDERWORD

Purses from all decades are on display at the White River Valley Museum in Auburn.

phone, credit cards, keys, medicines, Kleenex, lipstick... This woman acts much more independently than does the one of 1890, and she needs to keep the tools of that life by her side.”

The shape, size, and design of purses have evolved over time alongside the role of women in society. They are designed to hold what we need to carry, said Cosgrove.

In the exhibit, the purses and their contents are presented by the decade. A simple drawstring bag of 1890, a knit purse made during World War II, and

a flashy jeweled bag from the 1920s are just some of the 150 purses brought together for the event.

Along with the bags, the exhibit has dresses, hats, and an extensive collection of brooches from past decades on show.

One hat in particular at the exhibit is made of kangaroo fur and has a matching purse, too.

“While it is no more important than any of the other [purses], it does make a good headline,” said Cosgrove.

The exhibit is intended for everyone, but may resonate

better with women and especially multigenerational groups of women, Slaminko and Cosgrove said.

“The White River Valley Museum is located at 918 H St. SE in Auburn. Small Bags/Big Events is open until mid-June. Tickets are \$5 for adults, \$2 for seniors, and children 2 or younger are always free. The exhibit is open from noon to 4 p.m. on Wednesday through Sunday.

For discount deals and more information, visit [wrvmuseum.org](http://wrvmuseum.org).

# There’s nothing wrong with Kanye West

## Culture Corner



Michael Muench

There have been men who have changed the world.

History is a canon where every great man acts upon the previous actions of those great men before him, and Kanye has decided that he wants to be a part of that canon.

That is how he has defined himself. That’s where his projected self-image comes from.

Let him change the future if

he can. It’s not like anyone can stop him anyway.

Representative of Kanye’s public persona is his regular thematic counterpoints in his past four albums, pitting selfish egotism and selfless concern for others against each other.

Through the structure of his songs on the album *Yeezus*, Kanye West presents himself as an egotist first and then shocks the listener with a shift in perspective that presents that egotism as an attitude which supports a selfless lifestyle.

If there is one message that a person could take from his career, it’s that egotism, ambition and self-love go a long way in living true to yourself.

People are “slowed down by their perception in themselves,” West said in an interview with BBC Radio’s Zane Lowe.

“If you’re taught you can’t do anything you won’t do anything. I was taught I can do ev-

erything,” West said.

Kanye is a living example that a shift in self-perspective and unchecked ambition can get a person whatever they want in this world.

He’s doing what he does best: creating and inventing every which way he can figure out how to.

He may overhype himself a now and then, but if behaving like that gets his creative juices flowing, then let him be.

The way I see it is that what he puts out is worth what he breaks in the making of it. Whether that be a celebrity’s feelings or his own bank account, it’s all representative of what he will do to give us something new, and that, is a beautiful thing.

West is a promoter of individual freedom, self-empowerment and self-esteem.

“If you are a Kanye West fan, you’re not a fan of Kanye West, you’re a fan of yourself,” West said.

Michael Muench is the managing editor of *The Thunderword*.



## Film festival showcases many different genres

By John Van de Ven  
Staff Reporter

Tiny Issaquah steps once again into the klieg lights when it hosts its third annual International Film Festival this weekend.

The city of Issaquah Arts Commission has again partnered with the Seattle International Film Festival to bring some of the best international films to this small burg nestled in the Cascade foothills.

The Issaquah International Film Festival will showcase five feature-length films and five short films from the Seattle International Film Festival.

"This is the third year the city of Issaquah Arts Commission has partnered with Seattle International Film Festival to bring an international film festival to Issaquah," said Issaquah city Arts Coordinator Amy Dukes. "This is the second year we've partnered with Cinebarre."

The Cinebarre is a multiplex theater that serves light meals, beer and wine to movie goers, while they enjoy watching movies on the big screen.

The festival includes two days of free film screenings, and although a limited number of tickets have been reserved, there will be tickets available on a first-come, first-serve basis.

The festival will feature the movies:

*Even though the Whole World is Burning*, a documentary about the life of W.S. Merwin, a two-time Pulitzer winner, poet laureate, and environmental activist.

*Office*, a Chinese musical from director Johnnie To. The film has been praised for its combination of stylized musical numbers and visually striking sets.

*The Wave*, a thrilling Norwegian film about a geologist who finds himself having to save a resort town after changes in a near by cliff cause a tsunami.

*Only Yesterday*, a Japanese animation film from renowned Studio Ghibli animator Isao Takahata. This is the first time this film will be shown in English, featuring the voices of Daisy Ridley (*Star Wars: The Force Awakens*) and Dev Patel (*Slumdog Millionaire*).

*Good Ol' Boy*, a U.S. film about a 10-year-old Indian boy growing up in 1970s America with his father pushing his Indian heritage on him constantly.



Studio Ghibli photo

In addition to many other films being shown, *Only Yesterday* is playing at the Issaquah Film Festival. This is the film's first time being shown in American theaters since it first came out in the '90s.

The film shorts that will be featured are audience-favored films from the Seattle International Film Festival, including Oscar-winning and nominated shorts.

"The city of Issaquah Arts Commission is excited to partner with SIFF and Cinebarre to present films not usually screened on the Eastside," Dukes said.

"The demand for tickets has been extraordinary and illustrates the fact that Issaquah residents want more independent and foreign film choices."

Expanding the kinds of films usually shown in the Issaquah area is just one goal of the Arts Commission of the city.

"We are happy we can provide at least a couple of days of free film to satisfy some of the demand. We would love to expand the program to provide more days of more films in the future," Dukes said.

The Issaquah Film Festival runs March 5-6, with beginning show times at 1 p.m. both days, at the Issaquah Cinebarre Theater, 1490 NW 11th Ave. Issaquah.

Additional information and the film festival schedule can be found at <http://www.siff.net/cinema/issaquah-international-film-festival-2016>.

## Medicine deaths memorialized

By Jonathan Larson  
Staff Reporter

In 1982, an 8-year-old girl watched as her mother swallowed a couple of Extra-Strength Tylenol pills and then dropped dead on the kitchen floor.

That same day, six more deaths from the same brand of pills were reported and a nationwide panic broke out and diminished consumer confidence in Tylenol products.

Grisly stuff and probably not what you'd expect to be the impetus of a play, but little Michelle Reiner's experience is central to the plot of *Death on the Supermarket Shelf*. The play by playwright Alan Bryce is a real-life murder mystery with a darkly disturbing backdrop of corporate intrigue and a child of one of the victims who continues to relentlessly pursue the case.

Although the Department of Justice would conclude who was responsible, it did not have enough evidence to charge him. That did not satisfy Reiner.

*Death on the Supermarket Shelf* is the first of a three-part series of Bryce's works exploring what he calls a "moral conundrum" and will be the first to actually be

brought to the stage when it premieres at Federal Way's Centerstage Theatre this weekend.

"It's such an extraordinary story," said Bryce. "[It was a challenge] to compress it and make it a compelling and entertaining story."

"Respecting the families who were affected by the incident [was another challenge]," Bryce said.

In theater, you don't want to lie, but you want to exaggerate the story a bit to make it compelling, Bryce said.

Bryce worked with Reiner and said the now middle-aged woman feels empowered from her experience and has a drive to make sure that people who do evil, see justice.

Tina Polzin is the director and the play features music arranged and recorded by Dawn Clement.

*Death on the Supermarket Shelf* premieres at the Knutzen Family Theatre this Friday, and runs Fridays to Sundays from March 4 to 26. Tickets are \$35 for adults; \$30 for seniors and military; \$15 for anyone younger than 25. Tickets can be purchased at [centerstagetheatre.com](http://centerstagetheatre.com).

The Knutzen Family Theatre is at 3200 SW Dash Point Road in Federal Way.

## ON YOUR TURF ON YOUR TIME



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# Four wrestlers place at nationals

By Charles Prater  
Staff Reporter

The T-Bird wrestlers had the third best finish in Highline history at Nationals this past weekend.

The NJCAA National Championships were held over the past weekend in Council Bluffs, Iowa from Feb. 26-27.

Overall, Highline finished 11th out of 36 teams.

Highline sent seven wrestlers to Nationals, with four of wrestlers placing in the top eight. The four also earned All-American titles.

The All-Americans were Elias Mason, Andrew Ramirez, Tyler Noon, and Andres Tereza.

"I am proud of the team," Coach Luvaas said. "We finished 11th in the country and it would not have been possible without a concerted effort by all of these young men."

Academically, the T-Birds placed second for the National Academic Championship with a team cumulative GPA of 3.212.

They fell just short of Pratt Community College, who finished with a 3.219.

Among the four All-Americans were Elias Mason, Andrew Ramirez, Tyler Noon, and Andreas Tereza.

The other three wrestlers that made it to nationals but did not place were Taylor Johnson, Josh Smith and Teban Mansaray.

"We prepared for the national tournament the same way we prepare for any match, there is no difference between this tournament and any other you just have to take it one match at a time," said Highline Assistant Coach Brad Luvaas.

All-American Elias Mason,



Jessica Strand/Thunderword

All-American wrestler Andres Tereza practices his moves before heading off to nationals.

197, had the best finish of any T-Bird, finishing fourth.

Mason first was in the round of 16.

Mason dominated Attavion Oliver from Ellsworth in period one, leading 11-3 at the end.

He built on that lead in the last two periods, winning the match 16-6.

His next match was against Josh Latham of Neo A&M. Neither wrestlers scored a point in period one, but in period two, Mason earned three points for an escape and a takedown.

Mason was awarded his final point in period three, winning 4-1 and moving on to the semifinals.

Against Dymere Rappa of Camden County, neither Mason nor Rappa scored a point in period one. Rappa won period two and Mason was unable to make up the point differential in period three, losing 6-3.

"[Mason] had the most impressive tournament," said

Coach Luvaas. "I feel that if he had wrestled in this tournament 10 times, Elias would have been in the finals nine times out of 10."

With the loss, Mason moved on to the consolation bracket to face Christian Dulaney of Iowa Lakes for third place. Mason lost 10-6.

"He was putting in work this weekend," said Mansaray said. "Elias motivates me to become better every time I see him on the mat."

Mansaray, 285, qualified for nationals in his first year, but lost his first match by fall against Damian Trujillo of North Idaho.

Andres Tereza, 125, had a great first two rounds, beating both of his opponents, Anthony Romero of Bergen and Levi Maes of Northwest Kansas, by a combined score of 36-3, with both matches ending in technical fall.

A technical fall is wrestling's

version of a mercy rule.

Tereza got his first real test in the quarterfinals against Brian Mass of Iowa Lakes.

Tereza built an early lead in period two and almost lost it in period three, but got a takedown in the last minute to win, 6-5.

Tereza moved on to the semifinals, where he faced eventual champion Alex Delacruz of Iowa Central.

During the consolation round for fifth place, Tereza faced Will Bardezbain of Barton. After a difficult battle, Tereza lost by fall and finished sixth.

The T-Birds' third All-American was Tyler Noon at 174 pounds.

Noon won his first match, but lost his second and placed into consolation quarterfinals.

Noon then won four times in a row and ended up beating Alex Kelly of Niagra, who he had lost to earlier in the tournament, to place seventh.

At 133 Andrew Ramierz placed eighth by decision, winning his last match in double overtime.

Ramierz had a great freshman year and was on a winning streak leading up to nationals.

He also earned the title of All-American.

"I'm glad how I did this weekend. It was a long journey with my team and I'm glad it ended on a good note," said Ramirez.

"I felt that every guy we took had a chance to go deep in this tournament," said Coach Luvaas. "Any match is winnable if you wrestle for all seven minutes."

Tyler Johnson, 184, faced Deandre Jones of Ellsworth in the round of 32.

Johnson went up 4-3 in the first two period, but lost ground in period three losing 9-5.

Josh Smith, 157, got a bye in his first match and faced Matthew Kirkland of Ellsworth.

Smith put up a good fight in the first two periods, but was pinned by Kirkland in period three.

With the 2015-2016 season over, the returning wrestlers for the 2016-2017 season will be led by Ramirez, Johnson, and Mansaray.

"Those three will make a lot of noise next year," said Coach Luvaas.

Other returning wrestlers include Cole Morrison, Tino Nieves, Justin Wieding, Jesse Torres, Jay-Ar Small, Mario Levueno, Josh Wessels, Vlad Kalinin, and Ben Carrillo.

"All of those young men can also do some damage next year," Luvaas said. "It all depends on how much they want to work in the off-season. In this sport you only get what you put in."

# Men are victorious in double overtime

By Charles Prater  
Staff Reporter

The men's basketball team has ended the season on a good note, finishing the season off on a three-game winning streak.

Highline, 11-3 (20-9 overall), finished the season second in the West Division having lost to Lower Columbia twice and Pierce once.

The T-Birds first game was

at home against Pierce last Wednesday.

The Thunderbirds lost to the Raiders the previous time they faced each other, losing 82-74.

Both teams struggled to shoot the ball all game, with Highline and Pierce hitting less than 38 percent from the field.

The T-Birds' advantage came from the three ball, as they hit six three-pointers in the game, compared to the Raiders two.

Highline was up double-digits in the second half, but Pierce clawed their way back to take a one-point lead with about four minutes left.

Until the last remaining seconds, it was a back and forth game, with both teams tied at 51 a piece.

With 17 seconds left, Highline secured an offensive rebound and called a timeout to draw up a game plan.

Highline's Jalen McGruder

took the inbound pass and with time winding down, found teammate Nick Edens in the middle of the defense for the game-winner with 1.2 seconds left.

"The play we drew up was defended, so Jalen McGruder did a great job of attacking the basket and finding Nick as the defense rotated," said Highline Head Coach Che Dawson.

Coby Myles was the leading scorer for the T-Birds with 20 points, hitting four out of 10 threes in the game.

Leading scorer for the Raiders was Casey Gerhart with 19 points.

The next game for Highline was an important one as, with a win, would get the No. 2 spot for the west in the playoffs.

The game was scheduled to be played last Saturday, Feb. 27 at 6 p.m., but due to miscommunication with an officiating

crew, the game was canceled.

The NWAC rescheduled the game for Tuesday, March 1 at 6 p.m.

It was long game for the T-Birds, as it took double overtime to get the win, but with the victory the, Highline has now secured a home game in the regional round of the playoffs.

"It was a strange situation. It felt like a loser-out playoff game, but was the last regular season game with major seeding implications," said Coach Dawson. "Our guys did a great job with that situation."

The teams were identical in shooting with 37 percent a piece for the game and even so on defense.

The biggest difference came from the Titans fouling as the T-Birds went to the free-throw line 20 times and knocked down 15.

Jamie Orme was the leading

scorer with 20 points and 14 rebounds. T-Bird Ty Peacock was all over the stat sheet with 18 points, seven rebounds, six assists, and four three-pointers.

Guard Jalen McGruder had a solid game with 13 points and six rebounds.

The Titans' Jake Nelson was the top scorer for the team with 22 points.

"It was a great team effort. We battled adversity leading up to the game and during the game with the highest level of effort, cohesion and character," said Coach Dawson.

"The guys continue to learn that you always have a chance if you have those things as a group."

Now with the regular season over, the T-Birds will turn their focus on Lane.

Highline will play the regional round at home this Saturday, March 5 at 5 p.m.



# Softball team ready to begin season

**By Charles Prater**  
Staff Reporter

With almost an entirely new team full of freshmen, the Thunderbirds still have the same goal as always, winning a championship.

Come Spring Quarter, the softball team will almost be in mid-season form as the ladies have already played in four pre-season games.

The T-Birds will look a lot different this season as the team only returns two starters from last year.

Third baseman/pitcher Cheyanne Haas and out-fielder Alyson Rippingham are the only returners from last year and the only sophomores on the team.

Haas is a two-sport athlete at Highline having played volleyball in Fall Quarter, where she named MVP of the West Region.

Last year, Haas was first on the team in home runs and second in RBI's with 37.

Rippingham is also a two-sport athlete, playing basketball for the T-Birds. Last season she was second on the team in batting average with .463.



Jessica Strand/Thunderword  
*T-Bird Cheyanne Haas practices her swing during batting practice.*

The rest of the team is made up of 10 freshman, all who Highline Head Coach Jason Evans says are, “shining and doing well this season.” Freshmen players include

pitchers Precious Tabangcura and Kayla Higa, both from Hawaii and Stefani Gollin from Canada.

Along with Haas as a pitcher, Coach Evans says pitching will be one of the team’s strengths this season.

Other freshmen are second baseman Taylor Poe from Auburn Riverside and shortstop Megan Chan from Todd Beam-er.

“Our middle infielders, [Poe] and [Chan], have been performing great on defense,” said Coach Evans.

“Our batting lineup is solid up and down with centerfielder Savanna Gusman leading off the order.”

Gusman is a freshman from Auburn Mountainview High School.

The last four freshmen are utility player Loreah Maranan from Auburn Riverside, out-fielder Maggie Victor from Decatur, catcher Morgan Struck from Skyview and third baseman Megan Van Allen from Emerald Ridge.

The T-Birds played their pre-season games in the Richland Crossover on Feb. 27-28, going 2-2.

On the first day there, Highline played in two games, beating Big Bend 7-4 and losing to last year’s NWAC Champions Spokane 12-1.

The second day there, the T-Birds went 1-1, beating North Idaho 14-10 and losing to Yakima Valley 11-6.

“Despite the losses, we definitely have the team chemistry and the talent to open a lot of eyes this season,” said Coach Evans.

The T-Birds currently have a 2-2 record in the West Division.

“Our goals this season are to win the west and go deep into playoffs in May held at Delta Park in Portland,” said Coach Evans.

“We are just very excited to see where our journey leads us to at the end of the season.”

The T-Birds play a double-header on Saturday, March 5 against Chemeketa at 3 p.m. and against Wenatchee Valley at 5 p.m., both at the RAC Complex fields in Lacey.

They play another double-header on Sunday, March 6 against Treasure Valley at 9 a.m. and against Clark at 11 a.m. at Lacey.

# Lady T-Birds miss playoffs by one game

**By Samuel Biehn**  
Staff Reporter

The Lady T-Birds, despite their 67-39 blowout victory against the Pierce Raiders on Feb. 24, have been eliminated from the post-season given South Puget Sound’s Feb. 24 victory over Tacoma.

Highline lost their final game of the season to Tacoma, 63-51, on Feb. 27.

The win against the Raiders, although bittersweet, showed the talent and the potential of this Highline squad. The Thunderbirds led through all four quarters and kept their foot on the gas pedal throughout the entire 60 minutes.

“In the first quarter we listened to coach. We had some good looks and were able to finish,” Highline guard Chantal Hill said.

Highline had four players in double figures for the night, led by Jasmyne Holmes who completed a double-double with 16 points, 10 rebounds, one block, one steal, and three assists.

“We played together as a team and we weren’t rushing anything. We played on momentum,” guard Alicia Westbrook said. “We shared the ball.”

Holmes’ domination on

the boards during the game was an exclamation point for the T-Birds great performance rebounding, as the team finished with the game with 49 rebounds.

A game of 31-24 at halftime with Highline in the lead quickly transformed into a blowout in the second half. The Lady T-Birds outscored the Raiders 36-15 and removed any doubt about which team was going to win.

Highline kept the momentum going with its 11 points off of 10 Pierce turnovers, while staying strong at the rim with 38 defensive rebounds.

Additionally, the Thunderbirds turned in one of their best shooting performances in recent games, as Highline finished 55 percent from the field.

Highline guard Alyson Rippingham said that the team didn’t rush shots and just let the play develop.

“I think that made us so successful,” said Rippingham.

Pierce, on the other hand, only had one player in double figures, guard Ayesia Rogers. Rogers’ 16 points and six rebounds wasn’t enough to stop a rolling Lady T-Birds squad in this game.

Coming into the game, Highline still had a shot at the

post-season with South Puget Sound in front of them in the NWAC West.

However, the Thunderbirds needed Tacoma to pull off the upset against South Puget Sound on Feb. 24 in order to make it in. This is due to a tie breaker at 7-7 that South Puget Sound would win due to a better regular season record at 16-11.

This wasn’t the case, as South Puget Sound beat Tacoma 55-47. This essentially locked up the fourth and final tournament spot for the Clippers ahead of the final game of the season.

The loss against Tacoma on Feb. 27 was a mirror image of the season for the Lady T-Birds.

Highline started strong in the first half of the game, and faded toward the end.

The Thunderbirds dropped the ball in the fourth quarter, as they were outscored 22-11.

“Our effort in the last five minutes wasn’t there,” Hill said. “And we lost Jasmyne Holmes.”

Jasmyne Holmes suffered a potential concussion in the game against Tacoma, adding to the injury struggles this Highline team has dealt with for the majority of the season.

Coming with the late game struggles and Holmes’ injury was Tacoma coming with more

energy out of the gate.

“We just got outplayed. It seemed as if TCC wanted it a little more than us,” Rippingham said. “Not saying we didn’t want to win the game, because I know we did. But at points during the game, it seemed like TCC wanted it more than us.”

The Thunderbirds also seemed to let the referees get into their heads.

“We let the refs dictate the game because we weren’t getting the calls that TCC was,” Rippingham said.

Chantal Hill led the way for the Thunderbirds against Tacoma. Hill finished with 22 points and three rebounds.

Unfortunately, Hill was the only Highline player who scored in double figures, as Highline finished 22 percent from the field in the loss.

This Highline team has plenty of potential, but what the T-Birds have struggled with during the season was tapping into its potential and keeping their energy going from the first half.

Players such as Westbrook saw that lack of energy in the Tacoma game.

“Some people didn’t come ready to play. They didn’t care because they knew we weren’t going to make it into the

NWAC,” Westbrook said.

Despite being eliminated from playoff contention and struggling through an up and down year, the Lady T-Birds know they can use the lessons learned this year to help them next season.

“The season was better then I thought. Because we had a lot of injuries early on, we could have rolled over but we didn’t,” Rippingham said.

The T-Birds are also looking forward to the new freshman additions that will be added to the team beginning next season.

“I’m looking for new freshman to come in and fill spots and step up to the plate,” Hill said.

Hill added that the team needs to work on “staying out of the early drama between some of the teammates.”

Rippingham, who says she is in contact with Division II and Division III teams about playing next season, said Highline can play up to their potential.

“With returners and new freshmen, they will be a whole different team. I’m excited to see their success,” Rippingham said.

“She’s [Coach Mosley] recruiting a bunch of people,” Westbrook said.



3835  
4514

Scoreboard

MEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
z-Lower Columbia	11-3	20-8
x-S. Puget Sound	11-3	22-6
x-Highline	10-3	19-9
x-Tacoma	8-5	15-11
Pierce	6-8	11-17
Green River	5-9	10-16
Centralia	3-11	3-22
Grays Harbor	0-14	2-22
South Division		
z-Clark	12-4	21-7
x-Clackamas	11-5	19-10
x-Lane	11-5	23-6
x-Chemeketa	9-7	18-11
Portland	8-8	15-10
Umpqua	8-8	15-13
SW Oregon	5-11	11-18
Linn-Benton	5-11	9-18
Mt. Hood	3-13	6-21
North Division		
z-Peninsula	11-3	18-10
x-Edmonds	7-5	20-8
x-Whatcom	8-6	20-9
x-Bellevue	7-7	16-13
Everett	7-7	16-13
Shoreline	6-8	11-14
Olympic	5-9	7-18
Skagit Valley	4-10	11-16
East Division		
z-Big Bend	13-1	23-7
x-Spokane	11-3	25-5
x-Yakima Valley	9-5	15-13
x-Columbia Basin	7-7	13-14
Blue Mountain	5-9	14-15
Walla Walla	5-9	11-18
Wenatchee Valley	3-11	6-21
Treasure Valley	3-11	5-20

WOMEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
z-Lower Columbia	13-1	21-9
x-Centralia	13-1	22-7
x-Grays Harbor	7-7	13-13
x-S. Puget Sound	7-7	16-12
Highline	6-8	10-18
Tacoma	5-9	7-17
Green River	3-11	8-19
Pierce	2-12	4-22
South Division		
z-Lane	15-1	26-1
x-Umpqua	12-4	24-6
x-Clackamas	11-5	20-9
x-Chemeketa	9-7	14-16
Clark	9-7	17-12
SW Oregon	5-11	13-16
Linn-Benton	4-12	10-18
Mt. Hood	4-12	9-18
Portland	3-13	4-22
North Division		
z-Peninsula	13-1	22-5
x-Bellevue	12-2	22-5
x-Skagit Valley	11-3	21-9
x-Everett	7-7	14-14
Olympic	5-9	10-16
Shoreline	4-10	6-17
Whatcom	3-11	3-22
Edmonds	1-13	2-24
East Division		
z-Wenatchee Valley	12-2	24-5
x-Spokane	12-2	23-6
x-Columbia Basin	9-5	17-12
x-Treasure Valley	9-5	18-10
Walla Walla	6-8	17-10
Blue Mountain	5-9	11-17
Big Bend	3-11	9-21
Yakima Valley	0-14	3-25

# Men start championship run

By Charles Prater  
Staff Reporter

The regular season has ended and the playoffs have begun for the men's basketball team, with only one goal in mind.

The NWAC Playoffs begin with the regional match-ups on Saturday, March 5 and then will move to Everett at the Walt Price Fitness Center from March 10-13 to finish out the tournament.

The start of the tournament will be different than previous years. The No. 1 and 2 teams from each division will host the regional games.

Highline, 11-3 (20-9 overall), finished second in the West Division and will play a home game this Saturday against Lane, 11-5 (23-6 overall).

The T-Birds did not play the Titans in the regular season and will need to figure out how to stop NWAC leading scorer Usama Zaid.

Zaid is averaging 24 points a game along with nine rebounds, which is good enough for fifth in the league.

Highline will definitely need to lean on their defensive scheme against Zaid as they are allowing the least amount of points in the league with 68 per game.

"We take pride in making it difficult for people to score," said Highline Head Coach Che Dawson.

Other match-ups in the same bracket as the T-Birds include No. 1 Peninsula vs. No. 4 Chemeketa, No. 2 Spokane vs. No. 3 South Puget Sound, and No. 1 Big Bend vs. No. 4 Bellevue.

"There is a lot of parity headed into the tournament," said Coach Dawson.

"Big Bend seems to jump out in terms of their league dominance, but it really comes down to who plays well and who has the ball bounce their way a little bit over the four-game tournament," he said.

"I think Highline could be a team that would give teams problems," said Whatcom Head Coach David Dunham. "They do a good job in their zone defense and they are well coached."

Big Bend, 13-1 (23-7 overall), comes into the tournament with the best conference and overall record in the league and are also tied for first in team field goal percentage with 50 percent.

"I think the West Region will be dangerous in the post-season, all four teams have a unique identity and style that is hard to play against," said South Puget Sound Head Coach Aaron Landon.

"I think Highline is going to be really tough for teams to compete against in the post-



Jack Harton Photo

Freshman Jamie Orme goes for the hoop in Saturday's game against Pierce.

season because they defend at a high level," he said.

"We have a pretty good offensive team but the length and activity that Highline has in their zone made it really hard to score."

South Puget Sound will be led by Dez Stoudamire, who is eighth in the league in scoring with 21 points a game.

"Our greatest strength is our versatility," Coach Landon said. "We don't play with traditional positions and we don't have a post player, but that can also make us hard to guard."

In the regional round, the Clippers will travel to Spokane, 11-3 (25-5 overall) to take on the Sasquatches.

"I think the NWAC this year is extremely balanced from top to bottom and anyone that is fortunate enough to make it this far and into the first round of the NWAC tournament has a chance to make a serious run in Everett," said Spokane Head Coach Jeremy Groth.

"Here at Spokane Community College we like to think our greatest strength is how hard we compete."

Spokane is the No. 1 scoring team in the NWAC with over 95 points a game and has made the most threes with 375.

The other side of the bracket features some high scoring offensive teams who will put up quite a battle for the top

spot.

No. 1 Lower Columbia will face No. 4 Columbia Basin, No. 2 Clackamas vs. No. 3 Whatcom, No. 1 Clark vs. No. 4 Tacoma and No. 2 Edmonds vs. No. 3 Yakima Valley.

Lower Columbia, 12-2 (20-8 overall) has the best record on that side and comes in as third in points allowed with 70 a game and second in blocks with 111.

Whatcom, 8-6 (20-9 overall), is second in points allowed with 69 a game and is the No. 1 team in total blocks with 136.

"Our defense is probably our best strength, but we also have a very strong inside post presence as well as shooters to stretch defenses," said Whatcom Coach Dunham.

The Orcas' freshman center Logan Schilder, who leads the league in blocks with 2.5 a game, will need to come up huge as Whatcom will be going up against one of the best shooting teams in the NWAC.

Clackamas, 11-5 (19-10 overall), as a team is shooting 49 percent from the field and will have star player Vince Boumann at the helm.

Boumann is fourth in scoring with 22 points a game, 10th in rebounding with 11 and first in field goal percentage with 65 percent.

Clark, 12-4 (21-7 overall), will try to repeat as NWAC

champions as they take on Tacoma, 8-6 (15-12 overall).

It's clear that all of the teams coming into the tournament have an upside with a great chance to win it all.

"Once the final eight are in Everett it only takes three wins in a row, obviously I think defense will be critical but whoever gets hot at the right time could take home the trophy," said Spokane Coach Landon.

"To win it all you will have to have four great games in the NWAC tournament of playing your best basketball," said Spokane Coach Groth. "You will have to compete and execute at a high level every night," he said.

"You also will need to have an edge when it comes to toughness and playing together."

"We have to play better defense than any team in the tournament for four games," said Coach Dawson. "Only after that can you focus on the other necessary ingredients which include offensive efficiency and winning the boards."

The T-Bird's game against Lane will be played this Saturday in the Pavillion at 5 p.m.

Whichever team makes it out of the regional round will move on to play in the Elite Eight on March 11 at Everett.

The semi-finals will be held on March 12, with the championship game on March 13 at 8 p.m.



# You can be safe, stylish in your vehicle

**By Bryce Sizemore**  
Staff Reporter

The Toyota Camry is the best selling mid-sized sedan in the U.S.

But there are options that provide more style and performance without sacrificing the reliability the Camry is known for.

While the Camry has built a reputation for its reliability and low cost of ownership, times have changed.

Any car built within the last 10 years can be expected to last at least 200,000 miles and have similar upkeep costs to a Camry.

The Camry has been met with derision among automotive publications for its poor interior, boring styling, and its numb, unresponsive handling.

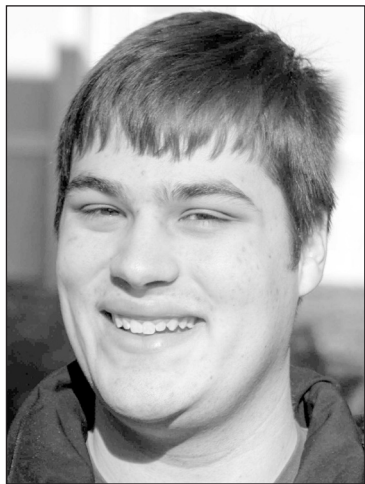
While Toyota has rested on its laurels, companies such as Ford and Mazda are bringing cheaper, more innovative, better looking, and superior performing mid-sized sedans to market.

Of the many superior vehicles, the two I would recommend are the Mazda6 and the Ford Fusion.

The Mazda6 is a handsome, sporty family sedan that packs a lot of quality into a low-priced package.

The base 2016 Mazda6 comes in at \$21,495, and it is the only car on this list to come with a manual transmission.

Shift your perspective



**Bryce Sizemore**

This award-winning sedan has been praised by automotive publications for its excellent handling, steering feel, performance, and quality construction.

Its four-cylinder engine produces more power, and is more fuel-efficient than the Camry's four-cylinder option.

The Mazda6 is .9 seconds faster to 60 mph than the Camry equipped with a four-cylinder engine.

The Mazda6 presents the most car for your money of any of these options, with its quality interior, excellent handling, and great construction for the lowest price.

At a slightly higher price (\$22,110) you can have the Ford Fusion, which combines the



Mazda USA photo

*The Mazda6 is cheaper than the Camry and more fun to drive.*

good looks of an Aston Martin with the everyday usability of a mid-sized sedan.

The Fusion is one of the most adaptable vehicles on this list, with five different engine options, optional all-wheel-drive, and many interesting features.

While the base engine is nothing to get worked up over, the other engine configurations provide more excitement.

The small, efficient turbo-

charged four-cylinder engine on offer produces more power and has the same average fuel economy of the Camry's four-cylinder engine.

The larger, sporty four-cylinder turbo available in the Fusion generates slightly less horsepower than the V6 engine in the Camry, but it procures that power with less effort.

Like the Camry, the Fusion has a hybrid option, but unlike

the Camry, the Fusion also offers a plug-in hybrid version that can allow the vehicle to travel 20 miles exclusively on battery power before using its gas engine.

The Fusion will be updated with even better looks and more technology in 2017, so you may want to wait a year to purchase one.

Rather than going with the crowd and buying a Camry, buy a superior car.



Ford Motor photo

*The Fusion has the most options out of the three cars.*



Toyota photo

*The Camry is a popular choice because of its reliability.*

## Invest in your future early

**By Konner Hancock**  
Staff Reporter

Invest in your future today with mutual funds.

On Feb. 11, Highline's Student Small Capital Investment Club sponsored a mutual funds presentation; Bill Webster, Highline's business instructor and CFP and Stockbroker for KMS Financial Services Inc. talked about understanding and how to invest in mutual funds.

Mutual funds are when people give "small or large share of

money, with a group of people, to professionals that will invest into a number of stocks and bonds," said Webster.

The benefit of investing in mutual funds is that the initial investment is lower because several people are pooling their money together.

Another opportunity is being able to sell shares at almost any time during business days.

Webster said the advantages of long-term investing is dollar-cost averaging, the technique of buying a fixed dollar

amount of a particular investment on a regular schedule.

Through this method, "When buying more shares, you wait until stock prices are low and buy less when stock prices are high," Webster said.

Another advantage of long-term investing is compound interest, earning interest on top of interest, which increasing overall gains, or dividend investment, earning more shares based on the shares that are already invested in.

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**Monday, March 7th**  
**12:15 PM**  
Highline Transfer Center, Building 6, 1st floor, Room 164  
No need to sign up to attend



# Boardwalk to reopen this summer

**By John Van de Ven**  
Staff Reporter

Romantic walks down the Redondo Boardwalk may not have to wait much longer, although the apparent lowest bidder for the restoration project ran afoul of federal regulations in the bid process.

In November of 2014 the boardwalk was destroyed by a violent storm, which caused many of the wooden planks to be ripped up, rendering it unusable.

Days after the Des Moines City Council approved the lowest bid to work on the project; the Federal Highway Administration dropped the hammer and nixed the selection. Of the six bids received, the lowest was from Quigg Brothers Inc. of Aberdeen and came in right on budget. Now, due to the Federal Highway Administration's rejection, the project has been handed to the second lowest bid that is \$176,463 over the engineer's estimation.

"There will be no delays," said Des Moines City Engineer Andrew Merges. "The city awarded the second lowest bid the winner on Feb. 11."

The bid is now awarded to employee owned Steller J Corp., based in Woodland, Wash. Officials did not provide more details about why Quigg failed to qualify.

A notice to proceed will be issued the week of March 7. Construction will then start



Jessica Strand/THUNDERWORD

*The Redondo Boardwalk, currently still in ruins after storm in November 2014, will soon have a new look.*

within 10 days.

The project is still slated to take 110 days, which places the completion date somewhere around the beginning of July.

The Federal Highway Administration rejected the lowest bid because one of the sub-contractors was unqualified, Merges said.

Although the new contractor's price is over the \$4.7 million budget, the extra \$176,463 added onto the original engineer's estimation will be no problem. The overage can be absorbed by the project's healthy contingency fund, Merges said.

The Federal Highway Administration has contributed \$2,388,265 to help fund the project. Another \$1,455,000 is coming from the Washington State Capital Appropriation, \$497,445 from the city of Des Moines, and \$360,000 from the Transportation Improvement Board, to reach the total cost of the project at \$4.7 million.

When completed, the boardwalk will boast a new design of solid concrete slabs, stamped with a wood grain texture that will be colored with a

low volatility organic compound stain to make it appear as wooden slats.

Waterside pilings will be reinforced with pipes filled with concrete to help protect the new boardwalk from future damage from storms and large pieces of driftwood.

Stainless steel railings will be installed along the walkway and low-level accent lights will illuminate the deck surface during twilight hours.

A raised pedestrian crossing intersection for added safety will be installed at South 287th Street.

Construction hours will be limited to 7 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 5 p.m. on Saturdays, Sundays and holidays. A two-week closure of through-traffic on Redondo Beach Drive is expected to allow for the pedestrian crossing improvements.

More info and updates about the project can be found on the city of Des Moines website. The city plans to update the status of the project with each milestone as the project nears completion.

# Stereotypes hurt everyone, adviser says

**By Konner Hancock**  
Staff Reporter

Stereotypes and cultural biases negatively label and affect everyone, a Highline adviser said here last week.

Elizabeth Rangel, Bachelor of Applied Science Admissions Adviser at Highline, spoke Feb. 23 at the second annual Latin@ Summit, a two-day event that included workshops and speakers that provided information for Latino students to be successful in education. The free summit was open to all Highline students and the many invited high schools.

"Within our society and communities, stereotypes are used to classify a person or generalize a group," Rangel said.

She talked about how there are many stereotypes and prejudices toward Latino people and that those stereotypes and prejudices is commonly used among all cultures, including Latinos.

"Are you so different than me?" Rangel asked.



Jessica Strand/THUNDERWORD

*Dr. Franciso Orzco speaks to high school students at another event about influence in pop culture during the Latin@ Summit.*

Everyone is different and unique in their own way, yet people all share similarities in some way or another, she said. Using stereotypes to point out these differences will only hurt

each other, but if everyone pointed out their similarities with one another, they might all get along.

Rangel continued to ask about the many names Latinos



use for each other based on their placement in society. She asked for the audience to give different terms for Latinos- male and female, uneducated and educated, citizen and noncitizen.

Among the student answers were "whitewashed," "border jumper," and "cheater."

Then, Rangel asked, "What effects do these names have on us?"

"It places a label," student said.

These terms, whether coming from someone of one's own ethnicity or another's, give Latinos and Latino culture a bad name, she said. The cultural biases and stereotypes create a negative view on Latino life and how people of Latino cultural operate.

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**Tuesday, March 8<sup>th</sup>  
12:00 PM - 1:00 PM**  
Highline Transfer Center, Building 6, 1<sup>st</sup> floor, Room 164  
**No need to sign up**



# Habitats for those in need of homes

By Taylor Lee  
Staff Reporter

Orientation for an upcoming Habitat for Humanity service day is being held today for students looking to add some community service to their resumes.

Founded in 1976, Habitat for Humanity is a non-profit organization that builds and refurbishes homes for families in need all around the world. They have built homes for more than 6.7 million people.

The service day and orientation are hosted by the Non-Traditional Students Club.

“We are a club designed to reach students who are not part of the usual college student demographic,” said Vanessa Primer, secretary of the club. “Highline students are extremely diverse. We have members of many different ethnicities and age groups.”

Not only will volunteers be helping build the home, they will receive hands-on training from contracting professionals, said Heather Cade, club president.

“We are all about giving back,” Cade said. “This is our first year doing a service day with Habitat for Humanity. We hope to make this a regular event every spring.”

Organizing the event thus far has been very easy and smooth, said Cade.

“We are so excited to be able to help a family in need,” she said. “I can’t begin to describe how rewarding this will be.”

The service day is set for May 20 at a site in Pierce County, said Cade. The actual location has not been revealed.

“There is no cost to attend the service day, everything is free,” she said. “All we need are dedicated volunteers who want to make a difference.”

The orientation will take place at 1:30 p.m. in Building 8, room 302. For more information, contact Julie Bradbury at lippazanna@students.highline.edu.

## King Crossword — Answers

Solution time: 25 mins.

S	K	A		N	U	T	S		O	B	O	E
P	I	C		E	S	A	U		F	O	I	L
A	L	E		W	A	T	E	R	F	A	L	L
S	T	R	A	Y		S	E	E				
			C	O	B	S		S	N	A	G	S
W	A	T	E	R	L	O	O		D	R	O	P
E	R	A		K	E	N	T	S		A	G	A
B	A	R	R		W	A	T	E	R	B	O	Y
B	L	E	E	P		R	O	X	Y			
			P	E	A		L	E	A	V	E	
W	A	T	E	R	G	A	T	E		L	I	S
A	R	I	A		R	I	O	S		M	A	P
D	E	N	T		A	L	P	S		S	L	Y

# Cables keep the world connected

By Jessica Strand  
Staff Reporter

A network of cables containing thin strands of glass run across the ocean to keep the world connected.

Kurt Giessel and Kip Wanzer from Highline’s Information Technology Services department talked about the history and advancements of fiber optics at the Science Seminar on Feb. 26.

Fiber optics are thin strands of silica, smaller than a strand of hair, that transmit data using light, Giessel said.

“Single-mode cables have an eight to nine micron core,” Wanzer said. “For reference, a human hair I usually between 17 an 150 microns, so its much smaller than a human hair.”

“You have a light source at one end and a receiver on the other, which we call a transceiver, and it sends pulses of light down and the other end picks it up,” Giessel said.

Copper was the material originally used for data transmission, and the first submarine transatlantic cable was laid in between 1854 and 1858.



Jessica Strand/THUNDERWORD

Kurt Giessel and Kip Wanzer discussed fiber optic cables at the Science Seminar on Feb. 26.

“The first transatlantic cable went from Ireland to Canada,” Giessel said. “The first message was sent with Morris Code and was a 98-word message.”

The message took 16 hours to travel from shore to shore, which calculates out to 0.07 bits per second. In an attempt to speed the message up, they turned the current up and fried the cables, destroying four years of work af-

ter only three weeks of use.

One hundred years later, in 1958, lasers were developed, which are essential in fiber optics. In 1970, strands of silica with titanium for strength were developed, and fiber optics were born.

“In the late ‘70s and early ‘80s – which was the fiber optics revolution – telecom companies began exclusively using

these [fiber optics] for their networks,” Giessel said.

In 1996 the first fiber optics transatlantic cables were laid.

“They did a speed test at 4 terabits per second, that’s about 57 quadrillion times faster than that very first message,” Giessel said.

Today, submarine cables run as deep as five miles to every continent.

# Relief for veterans suffering from Agent Orange

By Freddy Groves

It took six years and an aggressive attorney, but a Blue Water Sailor has finally been given full benefits for Agent Orange exposure.

When the sailor first applied in 2010 for benefits for ischemic heart disease due to AO exposure, the response was typical: The VA said no because he’d been on a carrier out at sea.

He continued to appeal. And appeal. And appeal.

The VA finally told him to either go away or go to court. Naturally he chose court and got an attorney.

The VA was ordered to take another look at the facts and finally decided that 100 percent disability for ischemic heart disease due to AO exposure was appropriate, backdated to when symptoms first appeared, many years earlier.

If you were on a ship near

Vietnam, the questions to consider are: If you were assigned to a ship and were flown out to it, where had the plane been? Was the plane contaminated and bringing AO every time it landed on a carrier? Did you unload cargo from those planes or work on them? Did the ship ever bring on fresh fruits and vegetables? Did the ship ever dock? Did it take on water for distillation inside the 12-mile limit? Did your mail and supplies sit on the runway near the AO storage area in Da Nang?

Meanwhile, the Blue Water Navy Vietnam Veterans Act (HR-969) was recently introduced in the House of Representatives.

The legislation will give AO presumptives to sailors and Marines who served in off-shore waters of Vietnam.

If you’re fighting the VA, go online to The Veterans Consortium Pro Bono Pro-

gram at vetsprobono.org. You can hook up with a specially trained attorney — for free —

who will take your case. You’ll pay nothing unless you win back entitlement.

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Bring your questions!  
Thursday, March 10<sup>th</sup>  
12:00 PM - 1:00 PM

Highline Transfer Center, Building 6, 1<sup>st</sup> floor, Room 164  
No need to sign up to attend

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## Go Figure! — answers

6	+	8	÷	2	7
x		-		x	
7	÷	7	+	5	6
÷		x		-	
3	x	4	-	1	11
14		4		9	

## Weekly SUDOKU — Answer

3	5	6	2	7	4	9	8	1
4	7	8	1	9	5	6	3	2
2	9	1	3	6	8	5	4	7
8	1	4	9	5	2	7	6	3
9	3	5	7	1	6	4	2	8
6	2	7	4	8	3	1	5	9
1	4	3	5	2	9	8	7	6
7	8	2	6	4	1	3	9	5
5	6	9	8	3	7	2	1	4







# Economy

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Panattoni recently requested that the city allow them to begin clearing the trees in the location where the new FAA headquarters will go.

Matthias said the business park provides an enormous opportunity for the city.

“There could be between 3,000 and 4,000 new jobs,” he said.

New development could mean new revenue for the city’s long-suffering tax base. Des Moines has been feeling pressure for a number of years.

Matthias said that cities collect two types of tax revenue from development projects: initial one-time revenue and structural revenue.

One-time revenue comes from one-time expenditures, such as permits or sales tax on a project’s construction materials. As the name implies, this type of tax revenue cannot be counted on in the future.

Structural revenue is continuous throughout a developments existence. This type of tax revenue comes from property, business taxes, and sales taxes.

Matthias said tax revenue is “very hard to anticipate” due to the variables involved in a project.

The city is also watching mixed-use developments in the downtown core, such as the Adriana Senior Apartments, and Seascape, a commercial/residential project, which would fill the fenced-off pit along Marine View Drive.

Matthias also said the city has plans to redevelop the area around the Des Moines Marina.

“We’re in the process of seeing how something like that might work,” he said. “It’s a huge opportunity.”

Des Moines Mayor Matt Pina said the city will do its best to preserve the waterfront community and marina.

The city is also monitoring the Landmark on the Sound, which was recently sold to land developer George Heidgerken.

Built in 1926 by the Freemasons, the Landmark was originally built as a retirement home, and functioned as such into the early 2000s. Until last year, the facility was used as an events center.

As part of a 27-acre campus located on Marine View Drive, the Landmark offers sweeping views of Puget Sound, stained glass windows and a classic wood interior, as well as large grounds.

“It’s like a jewel,” Matthias said. “I think this is a highly developable property.”

Mayor Pina is also optimistic about the future of Des Moines.

“I’m very positive,” Mayor Pina said. “We have things going on that we’ve needed for a long time. [The future] is very bright.”

Matthias attributes the recent spur of development to a number of different circumstances.

“What’s driving a lot of it is the comparably low land cost [as opposed to Bellevue or other developable areas],” he said. “We’re in play.”

Matthias said the rapid growth of Seattle-Tacoma International Airport also helps.

“We want to capture all of that expanded employment base.”

Matthias said the city is doing its best to reach out to developers and be as helpful as possible, which included easing access to rezoning and permits.

“The market likes to mitigate risk and uncertainty,” he said. “The faster we do that, the more signal to investors.”

“Some cities, you have to go back [to city hall] six to seven times. We want to cut those heavy costs.”

Mayor Pina said the city has looked at all of their zoning and worked through many of their codes and ordinances with developers.

“We’re getting pretty good at it,” Matthias said.

# FAFSA

continued from page 1

tus of their application on the financial aid portal available on Highline’s website, Ballantyne said. After an application is submitted, often it is selected for verification and students are contacted via email to send in more information.

If you don’t check your portal or email for the ver-

ification, you may miss out on money, said Ballantyne.

On Highline’s financial aid website (financialaid.highline.edu), you can find a financial aid application checklist with detailed steps for everything you’re going to need to complete the FAFSA.

If you “don’t understand the process, come in and see us,” Ballantyne said.

The Financial Aid office in Building 6 has staff available to help you get started or finish your FAFSA.



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